

# Physical Readiness



General Military Training-Physical Readiness

2-3-1

# **Fitness Culture I**

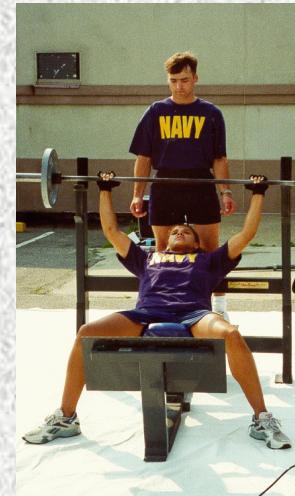
- Individual fitness rather than pass/fail mentality.
- Command promotion healthy lifestyle and physical conditioning program.
- Every member participating in a year-round fitness program that consists of regular exercise and proper nutrition.
- Performance scoring charts divided in five-year increments.

# Fitness Culture II

- Quality fitness and nutrition guidance for individuals who barely meet the standards.
- Better-trained Command Fitness Leaders.
- Better tracking and feedback of personal fitness through career and command fitness by cycle.
- Mandatory military bearing grade for third failure in a 4-year period.

# **Fitness Enhancement Program (FEP)**

- All commands will establish an FEP program that will assist members to improve health and physical fitness using regular physical activities, healthy nutrition, and learning self- help strategies.



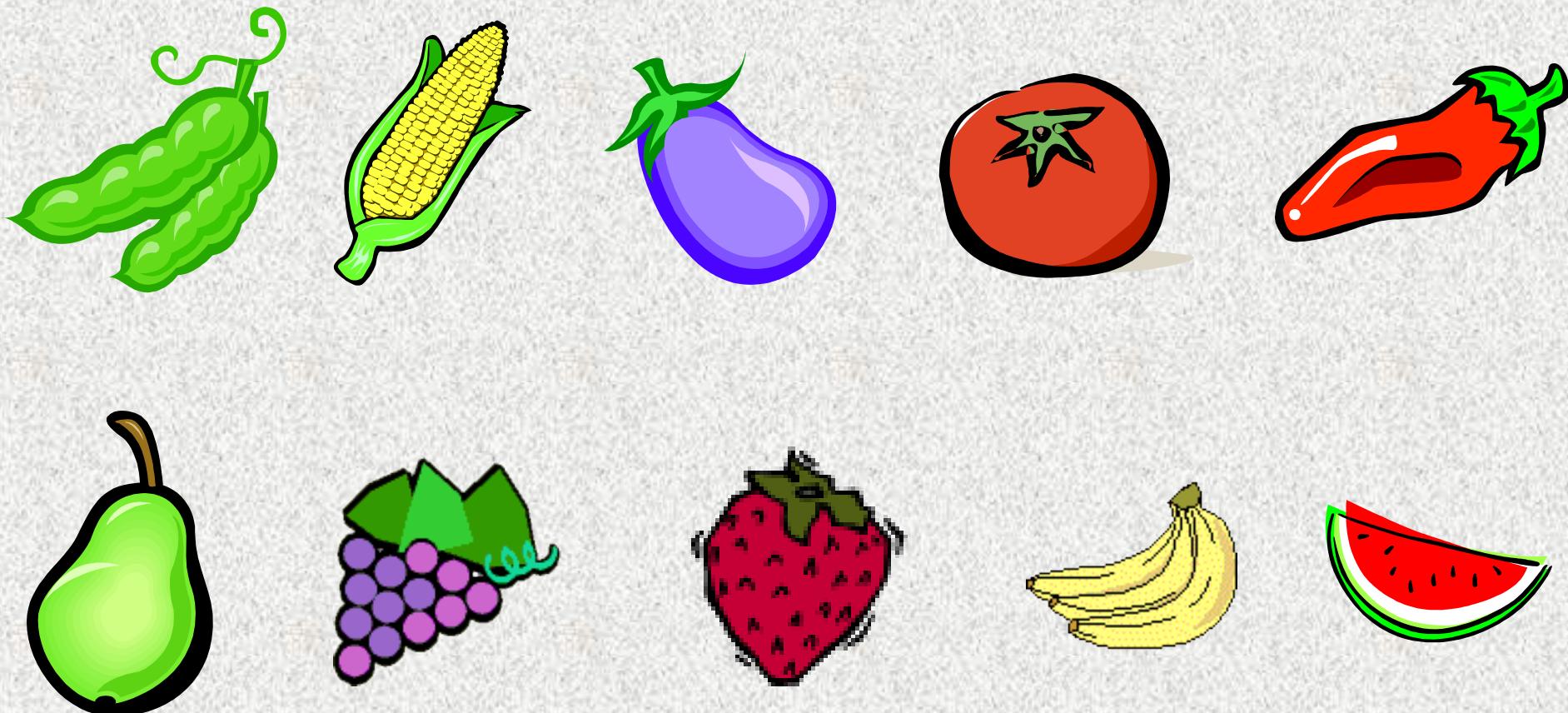
# **FEP will include:**

- Activities tailored for body fat loss for members who exceed or are in danger of exceeding body composition standards.
- Activities to improve aerobic fitness, muscular strength and endurance, and flexibility.
- Methods of monitoring and directing members' participation in improvement.

# Food Pyramid Guide



# 5 Fruits and Vegetables A Day

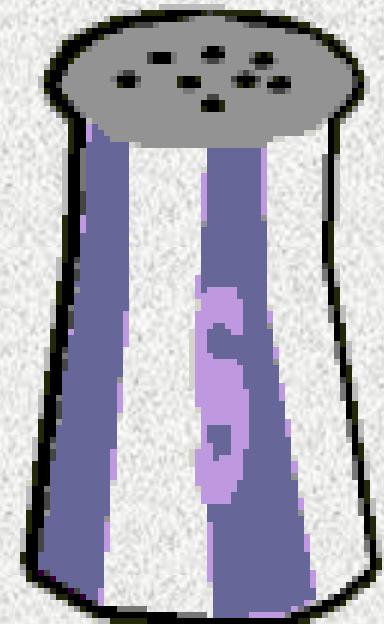


# Food Pyramid Guide



# Sugar and Salt

- Choose a diet moderate in sugar and salt.



# Alcoholic Beverages

- If you drink alcoholic beverages, do so in moderation.



# Water

- Drink plenty of water.



# Functional Foods

- According to the International Food Information Council, functional foods are foods that have special health benefits beyond basic nutrition.



# Are Functional Foods Safe and Beneficial?

- Although about 95% of functional foods have not been tested, there has been testing done on many fruits and vegetables that show that there are health benefits from eating these foods.
- Be aware, there are companies who are adding herbals to functional foods and selling them in virtually every grocery store.

# On the Positive Side

- Although this issue is somewhat confusing, there is scientific evidence that proves that some pure foods (not those with added herbals) are considered more beneficial than others in slowing the effects of the “diseases of civilization,” such as heart disease, osteoporosis, and cancer.

# **Key Components and Health Benefits**

## **Low fat foods**

Key components: Low in total fat or saturated fat.

Health Benefits: Reduce risk of cancer and heart disease.

## **Oatmeal/Oat Bran/Whole oat Products**

Key component: Beta glutan soluble fiber

Health Benefits: Reduce cholesterol

## **Foods containing sugar alcohols instead of sugar**

Key components: Sugar alcohols

Health Benefits: Reduce risk of tooth decay.

## **Milk - Low Fat**

Key components: Calcium

Health Benefits: Reduce risk for osteoporosis.

# **Key Components and Health Benefits (cont)**

## **Vegetables and Fruits**

Key components: Vitamins, phytochemicals, fiber

Health Benefits: Reduce risk of cancer and heart disease.

## **Juice and other foods with added calcium**

Key component: Calcium

Health Benefits: Reduce risk for osteoporosis.

## **Cereal with added folic acid**

Key components: Folic acid

Health Benefits: Reduce risk for neural tube defect.

## **Psyllium-containing products (pasta, bread, snack foods)**

Key components: Psyllium fiber

Health Benefits: Reduce risk of coronary heart disease.

# Functional Fruits and Vegetables

- The following fruits and vegetables are recommended due to the high concentrations of non-nutrient plant chemicals, known as phytochemicals, which prevent disease.



lycopene



lutein,  
zeaxanthin



phytonutri-



sulforaphane



anthocyanin,  
resveratrol



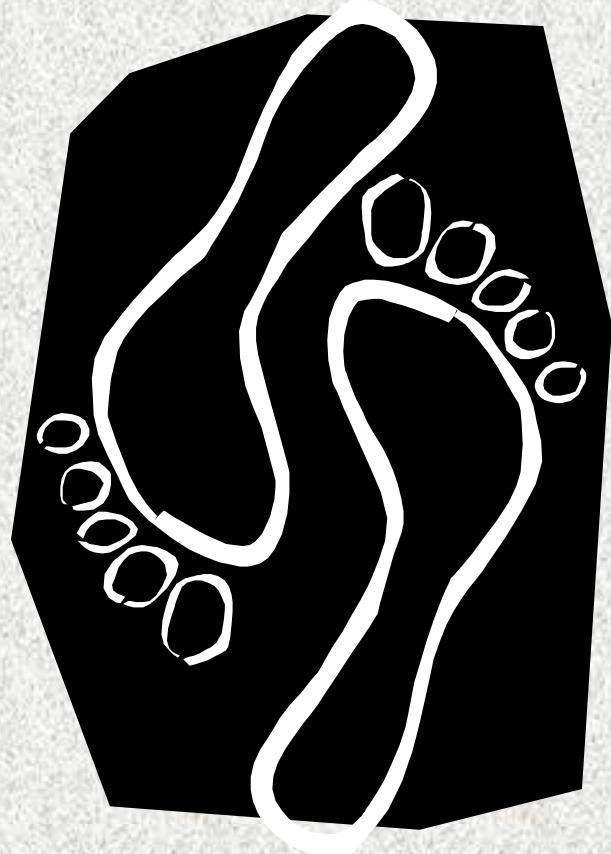
isoflavone



Vitamin E

# Are Your Feet Ready?

- It is important that you be aware of how to keep your feet in good physical condition in preparation for your duties and jobs.
- Because there have been reported cases of Sailors having leg and feet problems, the Navy is taking steps to educate Sailors about the importance of choosing good shoes and seeking help when you have a foot or leg condition.

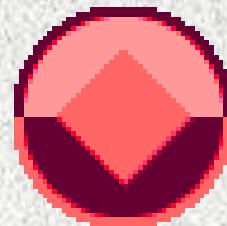


# Decision Point

To teach sections XI and XII using lesson guide only, click blue button below.



To teach sections XI and XII using video clips, click red button below.



# Feet and Leg Injuries

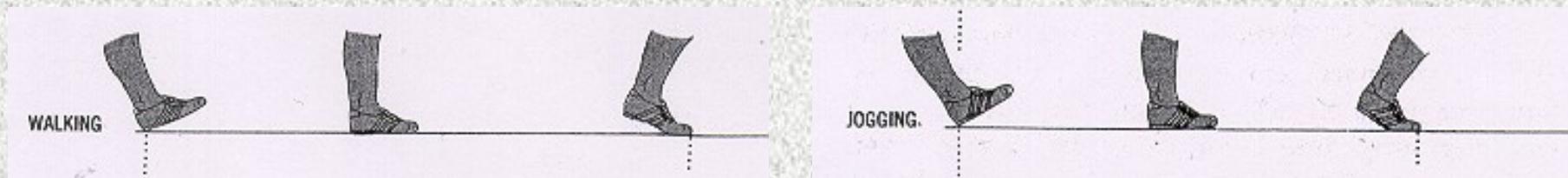
- It is important to treat feet and leg injuries in the acute phase, meaning as soon as the symptoms occur.
- Ignorance, denial, and constantly treating only the symptoms will move you into the chronic phase of an injury marked by frequent recurrence and long lasting symptoms.
- The proper way to handle an injury is to treat the symptoms, then fix the problem, and the cycle ends there.

# Common Injuries

- Shin Splints
- Plantar Fasciitis
- Morton's Neuroma
- Iliotibial Band Syndrome (ITB)
- Heel Spurs

# What Type of Shoe Do You Need?

- It is important to determine what type of shoes you need based on your gait.
- There are three phases of gait that are the same for both walking and running: strike, plant, and propel.



# Gait Analysis Intro

- Gait analysis is done simply by analyzing someone walking or running.

# Gait Analysis Cont.

- The gait is analyzed to find functional biomechanics and how it might be improved upon or corrected.

# Gait Analysis Summary

- Contact your local MWR Fitness Director/Sports Specialist to find out who in the local area can do a gait analysis for you.

# Three Designs of the Running Shoe



- Motion control shoes help prevent pronation.
- Stability shoes allow pronation.
- Cushioning shoes promote pronation.

# To Fit or Not to Fit?

- How about that 20 pounds in a 10-pound bag?
- How about that 10 pounds in a 20-pound bag?
- How about that “V” fit?

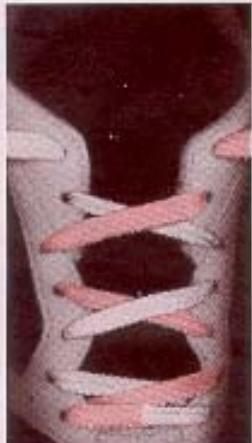


# The Perfect Fit

- A shoe is like a car tire. If you over inflate or under inflate it, it works but not the way it was engineered or designed to work.
- Laces should be parallel.
- The “toe box” should have the width of your thumbnail from the longest toe to the front of the shoe.



# Different Lacing Systems



## High Instep/ High-Volume Foot:

If the top of your foot falls asleep, or if you have irritation there, you probably have a high instep. This causes your foot to take up an excessive amount of volume in your shoe. To alleviate the irritation, follow the lacing pattern to the left. This simple procedure should give you the space you need.



## Low-Volume/ Narrow Foot:

If your foot slides around in your shoe, and you aren't able to solve the problem by tightening your laces, try the lacing system to the right. Using the lace lock shown will eliminate excess volume in the shoe.

*Lace Locking System*



## Heel Slippage:

If your heel slips, a simple lace lock at the top of your shoe will pull the heel of the shoe toward your foot. This simple technique should stop the slippage.

*Lace Locking System*

 **ROAD RUNNER SPORTS**  
[roadrunnersports.com](http://roadrunnersports.com)

02-119

# Tips for Selection of Your Shoes

- There is a weight limit for athletic shoes. The breakpoint is 180 pounds for males and 150 pounds for females.
- The higher the number of a model of shoe does not mean it is a better or more expensive shoe. Shoe model numbers change as they are upgraded or improved.
- “AT” in a model number refers to All-Terrain. This is a good, low mileage shoe for asphalt one day, and a dirt trail the next.
- Approximately \$75 to \$100 is a sufficient range for a good value shoe. Motion control shoes will be more expensive.

# Tips for Care of Your Shoes

- When do shoes fail? When knee pain flares and compression cracks on the outsole. Approximately 550 miles on the shoes under normal conditions.
- Rotate your shoes to minimize wear and tear and extend the life of the shoes.
- Never machine wash your shoes. Sponge clean with mild dish detergent, air dry, and add a teaspoon of baking soda to the inside for smell and bacteria.

# Core Values and You

## Honor

- Accountable for our personal physical fitness and health

## Courage

- Meeting the fitness and health demands even when it is difficult

## Commitment

- Care for our family and shipmates to maintain high physical readiness and health

# Summary

- Navy's focus on an individual physical readiness program.
- Components of the Navy's fitness culture.
- Proper nutrition.
- Functional foods - what they are, what benefits they offer, and how to incorporate them into your daily food intake.
- Feet and leg care including common injuries and disorders and choosing the correct running shoes.
- Relationship of Core Values to fitness and nutrition.

# Testing

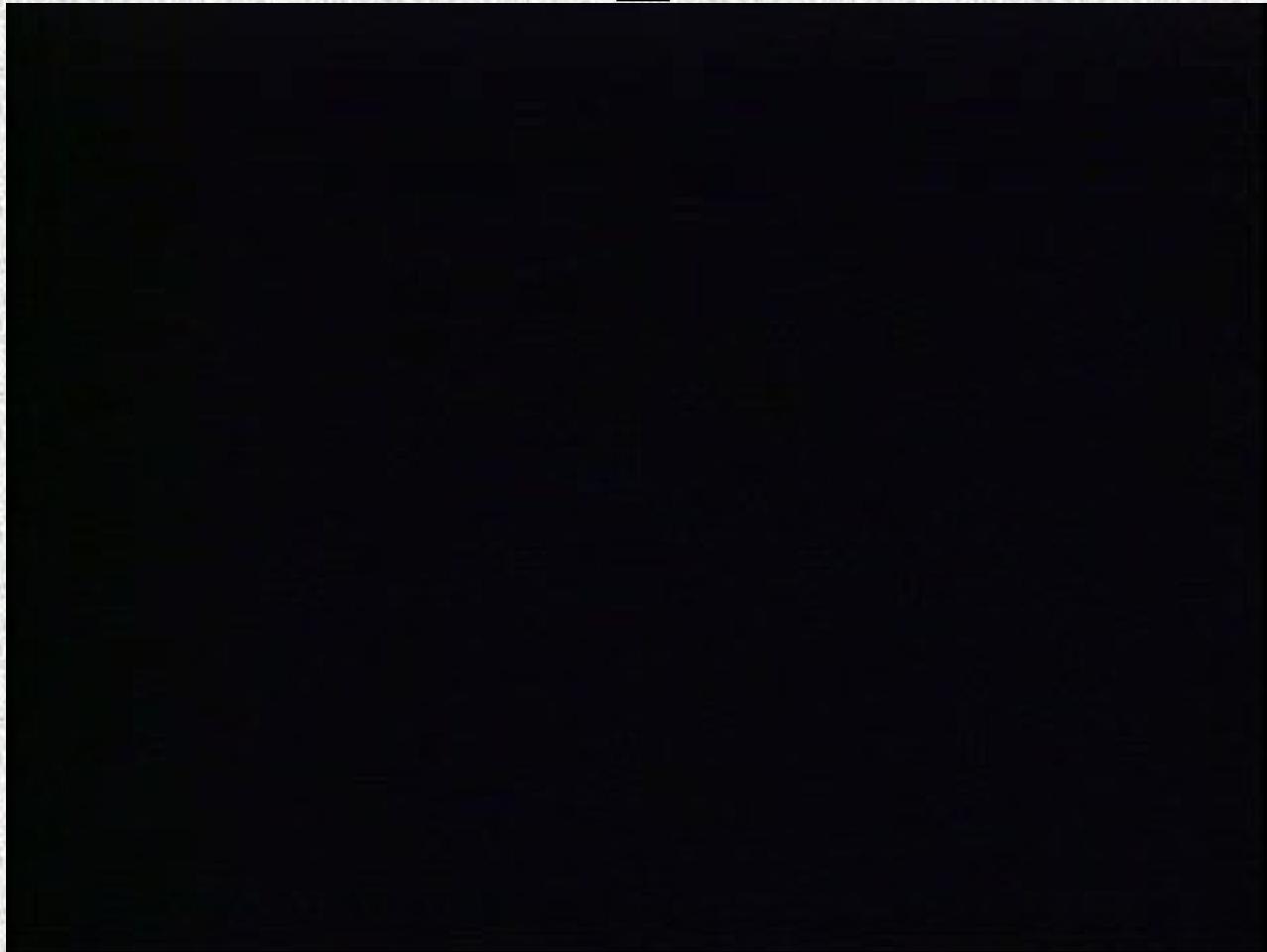
- To receive credit for this GMT lesson, you must take the post-assessment.
- The post-assessment can be found online at <http://www.navylearning.navy.mil/>
  - Select catalog, then FY04 GMT Required Topics Pre and Post Assessments.
  - Click on Add to Plan and then Launch to begin.
- If you do not have Internet access, see your command GMT Coordinator or Training Officer for the CD ROM version.

# References

- OPNAVINST 6110.1 Series
- <http://www-nehc.med.navy.mil/>
- <http://www.bupers.navy.mil/>

# Gait Analysis Video Clip

1



General Military Training-Physical Readiness

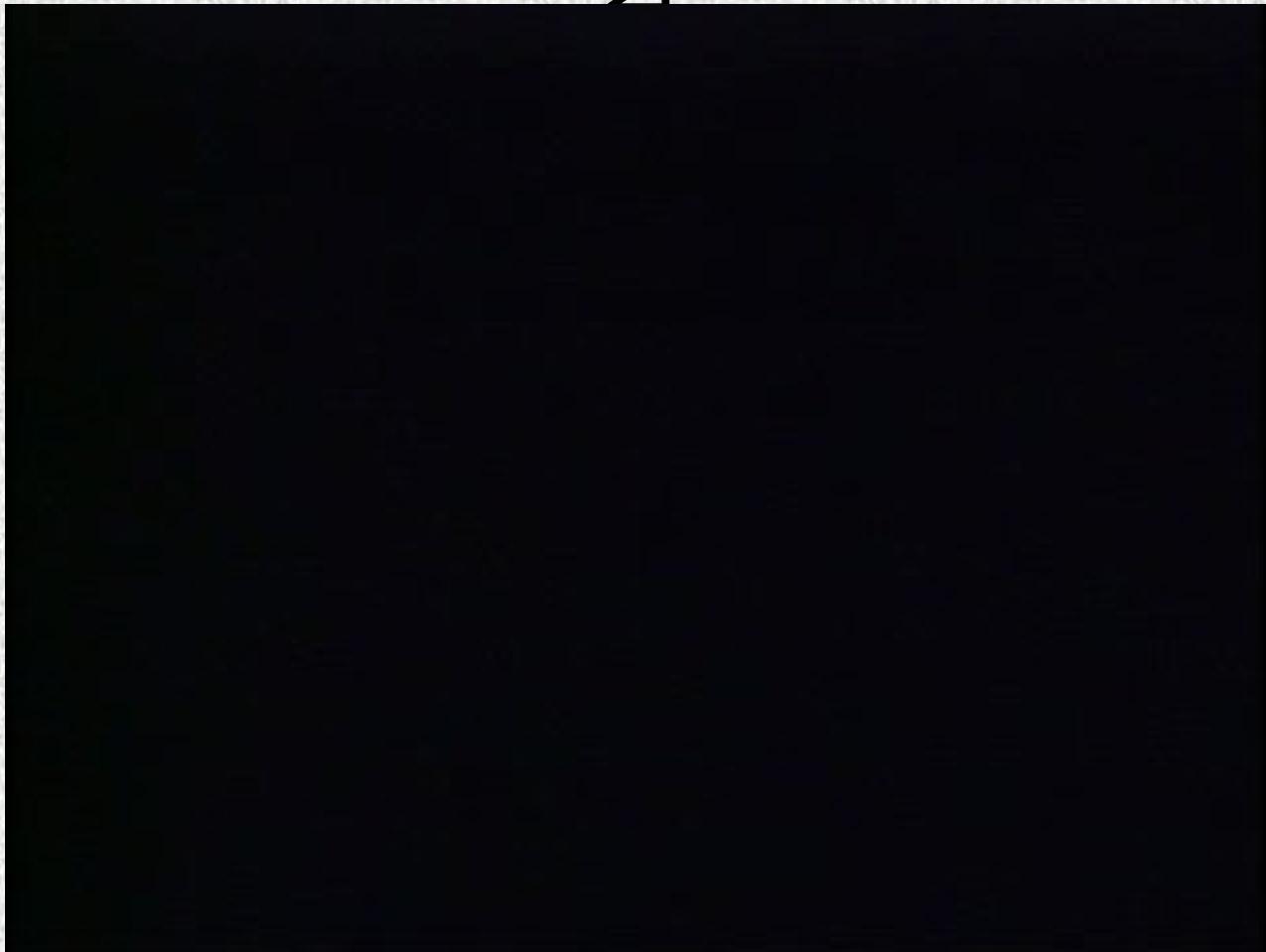
2-3-  
36

# Gait Analysis Intro

- Gait analysis is done simply by analyzing someone walking or running.

# Gait Analysis Video Clip

## 2.



# Gait Analysis Cont'd

- The gait is analyzed to find functional biomechanics and how it might be improved upon or corrected.

# Gait Analysis Video Clip

3



General Military Training-Physical Readiness

2-3-  
40

# Gait Analysis Summary

- Contact your local MWR Fitness Director/Sports Specialist to find out who in the local area can do a gait analysis for you.

**Click**

**button to  
continue**

